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Text for Homepage: Quitting Information

Title: Quitting Smoking Subhead: Information & Resources from Public Health Authorities

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This site is designed to help you find expert information on quitting smoking from public health authorities, and find quitting programs, services, and local resources that may be helpful to you.

Deleted: If you've made the decision to quit smoking, t
Deleted: cessation
Deleted: and
Deleted: can help you be more successful

Quitting is a Process <text treatment>
The information in this site is organized around the 5 keys to quitting smoking recommended by the Centers for Disease Control (CDC) and supported by other leading public health authorities including: <Semaphore, these are *not* hotlinks>

- The National Institutes of Health (NIH)
- The National Cancer Institute (NCI)
- The National Heart, Lung, and Blood Institute (NHLBI)
- The United States Surgeon General's Office
- The U.S. Department of Health and Human Services (HHS
- The World Health Organization (WHO)

Deleted: We encourage you to take advantage of the links and references in the site to learn more about topics that interest you, and to talk to your doctor or other healthcare provider to get advice on what may work for you.
Deleted: step quitting process
Deleted: is drawn from
Deleted: <#>The Centers for Disease Control (CDC)¶

The CDC recommends using all five keys, or steps, in the process. By understanding the options available, how they work, and getting the advice of your doctor, you can find the way to quit that's right for you.

Deleted: 5-step
Deleted: is relatively flexible with many options within each step.

Features of This Site <text treatment >

- Links to public health and other authoritative sources of information appear throughout the site.
- The Quitting Resources section allows you to search for local, state, and national resources that can provide information information about quitting when you type in your zip code.
- The Quitting File lets you save links within this site, so that you can easily return to sections of interest in the future
- If you receive promotional mailings from PM USA brands and would like to "opt out", you can do so by clicking on the button at the left.
- PM USA is committed to protecting the privacy of visitors to this site. Click here to read PM USA's site policy <link to PM USA site policy>

Deleted: Tips on Using
Deleted: We suggest you use this site by following the 5 steps. First, learn about the process then, review each of the steps to see all of your options. Next, talk with your doctor about the options and the approach that might be best for you and find out about the resources available in your area.¶
Formatted: Bullets and Numbering
Deleted: Before you begin, here are some tips for using this site:¶
<#>Links to the Process and each of its 5 steps are located in the navigation bar that runs across the top of every page of the site.¶
<#>A link to the Rewards & Benefits of Quitting section is on the top left of every page, directly below the Process.¶
<#>A link to Find Resources Near Me, which you can use to find the smoking cessation organizations and programs closest to your home, is located on the left side of every page. ¶
<#>A link to My Quitting File, where you can save links to information that interest you, appears at the top right of every page. Throughout the site you'll see an icon + next to those pages and links that can be saved to your Quitting File. Just click the icon and a link ... [1]
Deleted: We've designed this site to summarize and provide access to information and resources that can ... [2]

Start the Process! <hotlink to The Process Landing Page>

These organizations can provide you with helpful information on quitting:
<Semaphore: The bullets are hotlinks.>

- American Cancer Society < http://www.cancer.org/docroot/home/index.asp >
- American Heart Association <http://www.americanheart.org/presenter.jhtml?identifier=1200000 or >

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

- American Lung Association < http://www.lungusa.org/tobacco/ >
- The Centers for Disease Control (CDC) <http://www.cdc.gov/health/tobacco.htm>
- The National Institutes of Health (NIH) < http://www.nih.gov/ >
- NIH's National Cancer Institute <link to NCI's Quitting Smoking site http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/clearing.html
- NIH's National Heart, Lung, and Blood Institute < http://www.nhlbi.nih.gov/index.htm >
- U.S. Surgeon General's Office <SG's Tobacco cessation Guidelines http://www.surgeongeneral.gov/tobacco/>
- U.S. Department of Health and Human Services <Consumer Guide page: http://www.cdc.gov/tobacco/quit/canquit.htm>
- World Health Organization <WHO's Tobacco Free Initiative page: http://www5.who.int/tobacco/printer_content.cfm?pid=43>

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Text for The Process Landing

Quitting can be difficult. According to the National Cancer Institute (NCI), most people try to stop several times before they're successful.[1] But the experts say you can <improve your chances of success by following the 5 keys to quitting smoking recommended by the Centers for Disease Control (CDC).> [text,

Deleted: -Step

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Deleted: treatment] that they've created.[2]

The Process
Why a Process?
You Can Do It

The Process

move to homepage as foot-note

The CDC is the federal agency with the primary responsibility for protecting America's health and safety. They recommend following 5 keys, or steps to help you quit.[3] These five steps are based on the idea that every quitting experience will include a few challenges. You'll have a greater chance of success if you are ready to quit, have a support network to help you, learn new coping skills and behaviors, use medication as prescribed and/or discussed with your doctor, and are prepared for setbacks.

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<semaphore – hotlink the steps in the box>

use key symbols

The Centers for Disease Control and Prevention's
5 Keys for successful quitting
1) Get ready
2) Get support
3) Learn new skills and behaviors
4) Get medication and use it correctly
5) Be prepared for relapses or difficult situations

Deleted: proven steps

The CDC says that using all of these five steps together gives people the best chance to quit and stay quit.[4]

Deleted: this 5-step approach

Deleted: The process works even better when you follow all 5 steps.[5]

[1] NCI: Tobacco Control Research: "Clearing the Air: How to Quit Smoking...and Quit for Keeps," (http://dccps.nci.hig.gov/tcrb/Clearing_the_Air/habit.html)
[3] CDC: You Can Quit Smoking Consumer Guide, Five Keys for Quitting http://www.cdc.gov/tobacco/quit/canquit.htm#c (This is also found on Surgeon Generals' You Can Quit Smoking Consumer Guide, Five Keys for Quitting. Both SG and CDC cite: "The information in this booklet was taken from Treating Tobacco Use and Dependence, a U.S. Public Health Service-sponsored Clinical Practice Guideline. This guideline was developed by a non-Federal panel of experts sponsored by a consortium consisting of Federal Government and non-profit organizations. (Robert Wood and UW both mentioned.)
[4] CDC: You Can Quit Smoking Consumer Guide, Five Keys for Quitting (http://www.cdc.gov/tobacco/quit/canquit.htm#c)
[6] Glover-Nilsson Smoking Behavioral Questionnaire (G-NSBQ), Elbert D. Glover, Ph.D., West Virginia University, USA; Fredrick Nilsson, MS, Pharmacia AB, Sweden; Ake Westin, Ph.D., Pharmacia AB, Sweden; Penny N. Glover, M.Ed. American Academy of Health Behavior (http://www.aahb.org/abstracts2002.htm#8)

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Why a Process?

It's generally believed that smoking is a complex behavior with interdependencies between chemical, psychological, and social factors.[6] That's why experts say it's better to view quitting as a process -- involving different phases and aspects -- than as a one-time event. Experts suggest that people who want to quit smoking for good should plan on dealing with all the components of quitting and identifying areas where help might be useful.[7] You'll learn how to do this in Step 1: Get Ready. <link to Step 1 Get Ready Landing ~page 1.1>

→ Homepage

time? → simple one factor

Back to Top

You Can Do It

Generally speaking, the first few weeks or months are difficult. But it's important not to get discouraged. Remember, withdrawal symptoms will be temporary – usually they don't last much longer than 2 weeks.[8] <link internally to withdrawal symptoms ~page 1.3.3> And keep in mind that you'll feel some of the benefits of quitting almost immediately. <link to immediate & long-term benefits ~page 2.1.>

Approximately 45 million people in the United States have quit successfully.[9] Each year, more than one million people in the U.S. successfully quit smoking.[10]

And the NCI researchers have found that people who've been able to stop smoking for three months are often able to stay quit for the rest of their lives.[11]

→ Homepage

Start the Process with Step 1: Get Ready <link to Step 1 Landing ~page 1.1>

Deleted: If you have decided to quit, you can do it. There is plenty of help out there to get you through the early days and weeks. ¶

[7] City of Ottawa, http://www.city.ottawa.on.ca/city_services/yourhealth/healthylife/quitting_en.shtml
[8] National Cancer Institute, Freedom from Smoking, http://smokefree.gov/pubs/FFree2.pdf
[9] U.S.Food and Drug Administration, "Which Nicotine Replacement Product Appeals to You?", 1997.
[10] Department of Health and Human Services, Agency for Healthcare Research and Quality, "Help for Smokers" (http://www.ahcpr.gov/consumer/helpsmok.htm)
[11] National Cancer Institute's Q & A on Smoking Cessation, http://cis.nci.nih.gov/fact/8_13.htm

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Prepared by B-M for PM USA CE
Last revised: 4/25/03 by S. Fuller/PMUSA

Draft J for discussion purposes only
Includes comment from JLP

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Text for Process, Step 1: Get Ready Landing Page

Step 1: Get Ready

Welcome to the first step of the 5-Step Quitting Process. Step 1 covers all of the things that the experts recommend you do to prepare yourself for quitting.

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What Kind of Smoker Are You is the first question you'll need to answer in order to have a good understanding of what to expect in your quitting process.

Questions for your Healthcare Provider gives you recommended issues to discuss with your healthcare provider before beginning the quitting process.

Deleted: your quitting journey

Programs & Treatments to Consider gives an overview of the different approaches people have used to quit successfully.

Set Your Quit Day goes over the step-by-step process of how to choose your Quit Day.

Before Your Quit Day walks you through how to prepare yourself, your home and people close to you.

Deleted: for your big day

Get started on the first part of Step One <link to "What Kind of Smoker Are You" ~page 1.1.1> -- figuring out what type of smoker you are so you can begin to decide on the quitting program that's best for you.

Deleted: As you read through this section, remember there's no one way of quitting that works for everyone. That explains why there are hundreds of methods and programs out there. Some programs offer counseling services. Others recommend pharmaceutical aids. Certain programs provide support groups, while others focus on dealing with withdrawal symptoms. Many programs combine several of these approaches.[12] But every smoker is different, so you should select a method of quitting that best fits you – or incorporates all of these approaches.

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Text For Get Ready: What Kind of Smoker Are You

It helps to know what kind of smoker you are before you start the quitting process so you can have a better idea of:

- what to expect during your quitting process
- what kinds of situations might ~~serve as~~ triggers a ~~for~~ relapse
- what kind of pharmacological (medical) or counseling treatment might be appropriate for you
- what to discuss with your doctor or other healthcare provider

Deleted: Every smoker is different. And there are many different ways to go about quitting. The only right way to quit is the way that's going to work for you. To figure that out, first you need to know what kind of smoker you are. ¶

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Here are a few tools that can help you and your healthcare provider understand more about you as a smoker and determine what to include in your quitting plan.

Deleted: To make things easier for you, we've pulled together tips and questionnaires to help you -- and your healthcare provider -- determine what kind of smoker you are.

5 Questions <link to ~ page 1.1.1.1>
Test Your Physical Dependence: The Fagerström Questionnaire <link to Fagerstrom ~ page 1.1.1.2>
Test Your Social or Behavioral Dependence: The Glover-Nilsson Test <link to Glover ~ page 1.1.1.3>

obtain some indications

The Fagerström Questionnaire and the Glover-Nilsson Test are two relatively widely used tools that you and your healthcare provider can employ to assess what kind of smoker you are. The Fagerström test helps you figure out your level of physical dependence while the Glover-Nilsson Test helps you determine what your social or behavioral dependence is. (For example, social or behavioral dependence is when you have associations between smoking and specific situations.)

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Deleted: These two self-tests are very helpful when used together because t

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Therapists and other mental health professionals have training and additional tools to help determine what kind of smoker you are. If you are currently seeing this type of health professional, you can ask them to provide you with their clinical assessment and recommendations for things to consider in your quitting plan.

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Text for Get Ready, What Kind of Smoker Are you, The Five Questions

Understanding why you want to quit gives you the insight needed to take your first step in developing your quitting plan. The U.S. Department of Health and Human Services suggests smokers who have decided to quit consider the following questions:[13]:

Deleted: Before you choose a program to help you quit smoking, it's important to understand exactly why you want to quit.

Deleted: choosing the right program

1. Why have you decided that you want to quit?
2. If you tried to quit in the past, what helped and what didn't?
3. What will be the most difficult situations for you after you quit? How will you handle them?
4. Who can help you through the tough times? Your family? Friends? Healthcare provider?
5. What pleasures do you get from smoking? What ways can you still get pleasure if you quit?

Your answers to these questions will help you to:

- Plan for the challenges you may face while quitting
- Emphasize methods that have helped you in the past and can help you again[14]
- Identify people who can provide support to you, if needed, during the process[15]

A clear understanding of why you want to quit will help you chart a more successful path toward quitting.

Deleted: Remember: Quitting can be difficult, and it may require some help. But it can be done.¶

[13] "You Can Quit Smoking," Consumer Guide, June 2000. U.S. Public Health Service (http://www.surgeongeneral.gov/tobacco/consquits.htm)
[14] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm
[15] "You Can Quit Smoking," Consumer Guide, June 2000. U.S. Public Health Service (http://www.surgeongeneral.gov/tobacco/consquits.htm)

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Text for Step 1, Get Ready, What Kind of Smoker Are You?, Test Your Physical Dependence: The Fagerström Questionnaire

The Fagerström Questionnaire

The Fagerström Questionnaire is a commonly used tool for assessing what kind of smoker you are. Dr. Karl Olov Fagerström, currently with the Department of Pulmonary Medicine at Helsingborg Hospital in Sweden, designed this self-survey to provide smokers with some insight into their smoking behavior and level of physical dependence.[16] Take the test and see how you score.

The Fagerström Questionnaire		
Questions	Answers	Points
1. How soon after you wake up do you smoke your first cigarette?	0-5 Minutes 5- 30 minutes 30-60 minutes After 60	Three Two One Zero
2. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church, library, cinema)?	Yes No	One Zero
3. Which cigarette of the day would you be most unwilling to give up?	The first one in the morning. Any other time of the day.	One Zero
4. How many cigarettes do you smoke each day?	Less than 10 11-20 21-30 More than 31	Zero One Two Three
5. Do you smoke more often during the time close to waking than at other times of the day?	Yes No	One Zero
6. Do you smoke when ill enough to be confined to your bed?	Yes No	One Zero

Now, total up the points.

Score[17]:

0-3 You ranked low on the addiction scale. This score can indicate you may not experience very strong withdrawal symptoms. But you should be aware that nicotine use at any level leads to psychological and physical dependence.

4-6 You ranked medium on the addiction scale. You may benefit from a combination of treatments to help with withdrawal symptoms. The higher the addiction level, the harder it will be to quit. So the more help you can get, the better.

[16] National Institute on Drug Abuse, National Institutes of Health and Robert Wood Johnson Foundation's "Addicted to Nicotine, A National Research Forum, July 27 – 28, 1998" Biographies of Section Chairs, Speakers and Discussants. (http://www.drugabuse.gov/MeetSum/Nicotine/Speakers.html)

[17] Arizona Smokers' Helpline. Thinking About Quitting, The Fagerstrom Questionnaire, March 2003 http://www.ashline.org/ASH/quit/contemplation/fagerstrom.html

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7-10 You ranked high on the addiction scale. A combination of treatments is highly recommended to help with withdrawal symptoms. A high level of addiction will make the quitting process difficult. There are over-the-counter medications as well as prescription medications available to help you. By combining these medications with a counseling program, your chances of success are even greater.

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Deleted: Using Your Score¶
If you scored between **4 and 10**, you might want to take a look at the information on finding medication and other treatments. <link to step 4 landing> ¶

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Text for Step 1, Get Ready, What Kind of Smoker Are You?, You're Your Social or Behavioral Dependence: The Glover-Nilsson Test

The Glover-Nilsson Test

The Glover-Nilsson Test, created by Elbert D. Glover, Ph.D., Director of Addiction and Psychiatric Medicine Research at West Virginia University, and Fredrik Nilsson of Pharmacia AB in Sweden, is intended to provide some insight into how much behavior plays a role in your smoking habits. When you look at the results of this test along with the results of the Fagerström Questionnaire, you can get a good idea of what kind of smoker you are so you can put together a smart quitting program for yourself.

Glover Nilsson Smoking Behavioral Questionnaire (GN-SBQ)	
Please indicate your choice by circling the number that best reflects your choice. 0=Not at all; 1=Somewhat; 2=Moderately so; 3=Very much so; 4=Extremely so	
How much do you value the following (Specific to Questions 1-2)?	
1. My cigarette habit is very important to me	0 1 2 3 4
2. I handle and manipulate my cigarette as part of the ritual of smoking	0 1 2 3 4
Please indicate your choice by circling the number that best reflects your choice. (Specific to Questions 3-11). 0=never; 1=seldom; 2=sometimes; 3=often; 4=Always	
3. Do you place something in your mouth to distract you from smoking?	0 1 2 3 4
4. Do you reward yourself with a cigarette after accomplishing a task?	0 1 2 3 4
5. If you find yourself without cigarettes, will you have difficulties in concentrating before attempting a task?	0 1 2 3 4
6. If you are not allowed to smoke in certain places, do you then play with your cigarette pack or a cigarette?	0 1 2 3 4
7. Do certain environmental cues trigger your smoking, e.g., favorite chair, sofa, room, car or drinking alcohol?	0 1 2 3 4
8. Do you find yourself lighting up a cigarette routinely (without craving)?	0 1 2 3 4
9. Do you find yourself placing an unlit cigarette or other objects (pen, toothpick, chewing gum, etc.) in your mouth and sucking to get relief from stress, tension or frustration, etc.?	0 1 2 3 4
10. Does part of your enjoyment of smoking come from the steps (ritual) you take when lighting up?	0 1 2 3 4
11. When you are alone in a restaurant, bus terminal, party, etc., do you feel safe, secure or more confident if you are holding a cigarette?	0 1 2 3 4
TOTAL _____	

← who under-stands this?

?

Scoring for Behavioral Dependence:

< 12 Your behavior dependence is mild.
12 - 22 Your behavioral dependence is moderate.
23 - 33 Your behavioral dependence is strong.

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>33 Your behavioral dependence is very strong.

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Deleted: Using Your Score¶
If you scored between **12 and 33**, you might be particularly interested in Step 3's Learn New Skills and Behaviors section <link to step 3 landing> and Step 4's Find Medications and Use Them Correctly section <link to step 4 landing>. ¶

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Text For Step 1 Get Ready: Questions For Your Healthcare Provider

Your primary healthcare provider can help you better understand the quitting process, answer questions and provide you with valuable guidance based on your medical history. In sum, your doctor can help you put together the best method to help you successfully quit.

Deleted: Before beginning any program to help you quit smoking, it's very important to speak with your physician or primary healthcare provider.

When you talk to your doctor, the U.S. Department of Health and Human Services recommends that you ask the following questions[18].

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Some of the most important questions to ask your healthcare provider

1. How can you help me quit successfully?
2. Should I take medication? What medication would best for me? How should I take it?
3. What should I do if I need more help?
4. What is smoking withdrawal like? How can I get information on withdrawal?

be

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important also

While those are the major questions, some people find it helpful to ask their healthcare provider about a few other issues, including:

- How can I avoid gaining weight after I quit smoking?[19]
- Do any alternative therapies – like acupuncture or hypnosis -- help with quitting smoking?[20]

Deleted: Will I gain weight if I stop smoking

[18] "You Can Quit Smoking," Consumer Guide, June 2000. U.S. Public Health Service (http://www.surgeongeneral.gov/tobacco/consquits.htm)
[19] *Live Chat with Michael Fiore, M.D., MPH* Adapted from *Quitnet* June 2000. U.S. Public Health Service www.surgeongeneral.gov/tobacco/fiore.htm
[20] "Treating Tobacco Use and Dependence," Clinical Practice Guideline, Rockville, MD: U.S. Department of Public Health and Human Services, Public Health Service, June 2000

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Text for Step 1 Get Ready: Methods & Treatments to Consider

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As you work to determine the quitting method that's ~~best~~ appropriate (see p6) for you, it's often helpful to know what types of programs and treatments have worked for others. According to the U.S. Public Health Service, which reviewed clinical studies of a variety of quitting methods and treatments, the quitting methods listed below have had the following success rates three months from their date of quitting[21]:

Deleted: ,
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Quitting Method	3-Month Success Rate
Pharmacotherapy* & Counseling	50%
Zyban®** & Nicotine Patch*	36%
Nicotine Nasal Spray	31%
Zyban®** (alone)	31%
2 Nicotine Replacement Therapies*	29%
Nicotine Gum	24%
Nicotine Inhaler**	23%
Nicotine Patch*	18%
Individual Counseling	17%
Group Counseling	14%
Phone Counseling	13%
Self-Help	12%

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* Some brands require prescription.
** Requires prescription.

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Zyban® is a prescription antidepressant. It is often prescribed to help people quit smoking and has produced positive results for many people.[22] The patch and certain types of gum, inhalers and nasal sprays are known as nicotine replacement therapies.

The U.S. Public Health Service reports that there are three types of counseling and behavioral therapies that work best for those trying to quit and that result in the highest success rates:

1. Teaching problem-solving skills
2. Providing social support as part of treatment
3. Helping smokers obtain social support outside of treatment.[23]

Deleted: Again, no one way of quitting works for everyone, so it's up to you and your healthcare provider to determine the best path for you. ¶

[21] "Treating Tobacco Use and Dependence," Clinical Practice Guideline, Rockville, MD: U.S. Department of Health and Human Services, Public Health Service, June 2000, Tables #2, 25, 26, 27, 28, 29 and 32 http://hstat.nlm.nih.gov/hq/Hquest/db/local.ahcpr.clin.tob/screen/TocDisplay/da/1/s/42253/action/Toc;jsessionid=B97A0DB31BE9FA6156B8341E14CD0B2C
[22] "Treating Tobacco Use and Dependence," Clinical Practice Guideline, Rockville, MD: U.S. Department of Health and Human Services, Public Health Service, June 2000
[23] "Treating Tobacco Use and Dependence," Clinical Practice Guideline, Rockville, MD: U.S. Department of Health and Human Services, Public Health Service, June 2000

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For more information on this topic within this site:
Product Comparison Chart <link to ~page 1.4.5>
Nicotine Replacement Therapies <link to ~page 1.4.1>
Non-Nicotine Replacement Therapies <link to ~page 1.4.2>
Get Support & Encouragement from your Healthcare Provider <link to ~page 1.2.1>
Get Support & Encouragement through Counseling <link to ~page 1.2.2>

For more information on this topic, please visit:
Office of the Surgeon General Tobacco Cessation Guideline
http://www.surgeongeneral.gov/tobacco/default.htm

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Text for Step 1 Get Ready: Set Your Quit Day

Set Your Quit Day

How should you approach setting a date to quit smoking? Here are a few tips recommended by the CDC and the Surgeon General's Office to help you set a "Quit Day" and make it work:

Deleted: Once you've made the decision to stop smoking, you're ready to select a "Quit Day." This is an essential part of any successful quitting process and will require some planning and thought

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1. Try to choose a specific day within the next month as your "Quit Day."[24] Keep in mind that picking a date too far in the future will give you time to make excuses or to rationalize and change your mind. Of course, picking a date too soon after making your decision won't give you enough time really to prepare for this undertaking.

2. You might want to pick a date that holds some special significance to you. Some people choose their birthday or an anniversary. That way you can have a benchmark against which to track your progress.

3. Identify those situations in which you smoke most often. If you mostly smoke at work, try quitting on a weekend. If you mostly smoke when relaxing or socializing, it might be better for you to quit on a weekday.

4. Don't pick a date that falls within a period that might be stressful at home or at work. It's best not to place your Quit Day during busy holidays, family visits, and busy times at work.[25]

5. You might try to keep a diary to record how many cigarettes you smoke a day and which situations cause you to smoke. This can help you put together a strong quit plan.[26] <Link to Be Prepared: Difficult Situations ~page 1.5.2>

6. Whichever date you choose, circle it in your calendar and remind yourself that you've made a strong personal commitment to stop smoking on that day.[27]

7. Tell your family, friends and co-workers of your upcoming Quit Day and explain to them how they can support you.[28] <Link to Get Support Landing ~page 1.2>

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[24] "Clearing the Air, Step-By-Step Guide to Quitting," The Tobacco Control Research Brand of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3.html)

[25] "Clearing the Air, Step-By-Step Guide to Quitting," The Tobacco Control Research Brand of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3.html)

[26] "Clearing the Air, Step-By-Step Guide to Quitting," The Tobacco Control Research Brand of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3.html)

[27] Hilltop Times News Article, "Planning "Quit day" helps smokers stop http://www.hilltoptimes.com/story.asp?edition=79&storyid=2111

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8. Plan to do something really fun on your Quit Day -- preferably in a nonsmoking environment to help limit any temptation.[29]

9. Women might want to choose a date that falls within the first half of their menstrual cycle. Many women experience pre-menstrual syndrome (PMS) during the second half of their cycle that are similar to the symptoms of nicotine withdrawal. Quitting during the first half of the menstrual cycle often allows women to avoid making their PMS symptoms even worse.[30]

Quitting smoking is a matter of commitment and planning.[31] Sticking to your "Quit Day" is an important step towards achieving your goal of becoming a non-smoker.[32]

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Deleted: Some people prefer to smoke right until their Quit Day and then stop all at once. Others prefer to reduce their smoking gradually by smoking fewer cigarettes for one to two weeks leading up to their "Quit Day." ¶

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For more information in this topic, please visit:

U.S. Department of Health and Human Services, "You Can Quit Smoking: Consumer Guide"
http://www.surgeongeneral.gov/tobacco/consquits.htm

Surgeon General's "You Can Quit Smoking – Tips for the First Week."
http://www.surgeongeneral.gov/tobacco/1stweek.pdf

Centers for Disease Control and Prevention's, "Useful Resources to Quit Smoking."
http://www.cdc.gov/tobacco/how2quit.htm

Clearing the Air, Step-By-Step Guide to Quitting, 2003
http://www.smokefree.gov/cta3.html

National Cancer Institute, "How to Quit Smoking….And Quit for Keeps."
http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

Text for Step 1 Get Ready: Before Your Quit Day

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[28] Centers for Disease Control and Prevention's, "Useful Resources to Quit Smoking." (http://www.cdc.gov/tobacco/how2quit.htm)
[29] "Clearing the Air, Step-By-Step Guide to Quitting," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3.html)
[30] University of Virginia, "Making a Plan to Quit," http://www.virginia.edu/case/tobacco/Making%20a%20Plan%20Page.htm#Quit
[31] University of Virginia, "Making a Plan to Quit," http://www.virginia.edu/case/tobacco/Making%20a%20Plan%20Page.htm#Quit
[32] PLACEHOLDER

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Before Your Quit Day

Before actually quitting, there are a few things that the CDC and the Surgeon General's office recommend that you do to improve your chances of success. Here are some steps they recommend that you take to help prepare for your Quit Day:

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Ask for Help

- Tell your family and friends you plan to quit, and explain how they can help and encourage you.[33] <Semaphore, please make underline a link to "Get Support">
- Decide in advance which quitting plan you want to follow. It's strongly recommended that you talk with your healthcare provider to get advice and guidance on which approaches might be best for you. <Semaphore, please make underline a link to "Find Medication/ Counseling">
- Create a support system for yourself.[35] This could be a group class, someone close to you who has quit successfully and can offer advice and understanding, or a friend or family member who is also trying to quit and can take the quitting journey with you. <Link to "Get Support: Family, Friends & Colleagues ~page 1.2.1>

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Know Yourself

- Review any past attempts at quitting that you might have made. Identify what worked and what did not work. Think about what you can do differently this time to improve your chances of success.[36]
- Practice dealing with nicotine cravings before you quit. When you do get a craving, focus on what's causing it and then make choices about your cravings instead of immediately giving into the urge.[37] Learn how to fight cravings. <Link to "Learn New Skills & Behaviors ~page1.3>
- Try doing an activity that you usually do while smoking (drinking coffee, taking a break from work) and try it without smoking for about two weeks before your Quit Date.
- Think about at least three coping skills that you think might help you resist the urge to smoke.[38] Learn about coping skills <Link to Learn New Skills ~page 1.3>

Make it Easier on Yourself

- Practice thinking of yourself as a "nonsmoker" to get yourself used to the idea of not smoking[39]

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[33] "Clearing the Air, Step-By-Step Guide to Quitting," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3.html)
[35] "Clearing the Air, Step-By-Step Guide to Quitting," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3.html)
[36] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit, http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm
[37] "Clearing the Air, Step-By-Step Guide to Quitting," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3.html)
[38] PLACEHOLDER
[39] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit, http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm

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Includes comment from JLP

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- Stock up on things that can be used as oral substitutes for cigarettes, such as sugarless gum, carrot sticks, or hard candy.[40]. <Link to Learn New Skills: Distractions ~page 1.3.2>
- Don't let people smoke in your home, as this may make the first 3-5 weeks of quitting harder for you[41].

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The Office of the Surgeon General suggests the following count-down plan for the days immediately before your quit day:

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5 Days Before Your Quit Date

- Think about your reasons for quitting <Link to Get Ready 5 Questions ~page 1.1.1.1>
- Make sure the people close to you know when your Quit Date is
- Stop buying cigarettes

4 Days Before Your Quit Date

- Start becoming aware of when you smoke and what your "triggers" for smoking are <Link to "Be Prepared: Difficult Situations" ~page 1.5.2>
- Come up with alternative things you can do to keep your hands busy instead of smoking <Link to "Learn New Skills: Use Your Hands" ~ page 1.3.4>
- Note down any of your habits and routines that you associate with smoking, and think of ways to change them

3 Days Before Your Quit Date

- Plan on what you will do with the money you save from not buying cigarettes <Link to Savings Calculator ~page 2.3.1>
- Identify someone you can reach out to when you need support and encouragement <Link to Get Support Landing ~page 1.2>

2 Days Before Your Quit Date

- See your healthcare provider to determine which nicotine replacement therapies that might work for you <link to find medications landing ~page 1.4>
- Buy over-the counter smoking quitting medications such as the nicotine patch, or nicotine gum, if you've decided to make these part of your plan, or see your doctor about prescription medications[41] <link to find medications landing ~page 1.4>

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1 Day Before Your Quit Date

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[40] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html
[41] "You Can Quit Smoking," Consumer Guide, June 2000. U.S. Public Health Service http://www.surgeongeneral.gov/tobacco/consquits.htm
http://www.surgeongeneral.gov/tobacco/5daybook.pdf
http://www.surgeongeneral.gov/tobacco/lowlit.pdf

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- Throw away any cigarettes and matches
- Keep all lighters, ashtrays and other items related to smoking out of your sight
- Wash your clothes so they don't smell of cigarette smoke[42]

For more information in this topic, please visit:
U.S. Department of Health and Human Services, "You Can Quit Smoking: Consumer Guide"
http://www.surgeongeneral.gov/tobacco/consquits.htm

Surgeon General's "You Can Quit Smoking – Tips for the First Week."
http://www.surgeongeneral.gov/tobacco/1stweek.pdf

Centers for Disease Control and Prevention's, "Useful Resources to Quit Smoking."
http://www.cdc.gov/tobacco/how2quit.htm

Clearing the Air, Step-By-Step Guide to Quitting, 2003
http://www.smokefree.gov/cta3.html

National Cancer Institute, "How to Quit Smoking….And Quit for Keeps."
http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

Office of the Surgeon General, "5-Day Countdown,"
http://www.surgeongeneral.gov/tobacco/5daybook.htm

[42] Office of the Surgeon General, "5-Day Countdown,"
http://www.surgeongeneral.gov/tobacco/5daybook.htm

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Text for Step 2 Get Support & Encouragment: Landing Page

Step 2: Get Support and Encouragement

Studies have shown that people have a better chance of quitting when they have help.[43] This can take many forms. Help can come in the form of pharmacological aids (you can find information about pharmacological aids in Step 4), in the form of a friend's encouraging words, in a trusted healthcare provider's advice and guidance, through work with an accredited counselor, and by talking with other people who are going through similar experiences as they quit. <Link Step 4 to Landing ~page 1.4>

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This section contains information on how to find support and encouragement to help you along your quitting journey through:
<anchor> Healthcare Provider
<anchor> Counseling
<anchor> Family, Friends & Colleagues
<anchor> Alternative Therapies

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Remember, the CDC recommends that you use all 5 keys or steps of the process to give yourself the best chance of quitting.

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Get started on the first part of Step Two <hotlink to "Get Support –Healthcare Provider"> -- getting support and expert advice from your healthcare provider.

For more information on this topic, please visit:

U.S. Department of Health and Human Services, "You Can Quit Smoking: Consumer Guide"
http://www.surgeongeneral.gov/tobacco/consquits.htm

[43] "You Can Quit Smoking," Consumer Guide, June 2000. U.S. Public Health Service. (http://www.surgeongeneral.gov/tobacco/consquits.htm)

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Text for Step 2 Get Support: Healthcare Provider

Step 2: Get Support and Encouragement

Healthcare Provider

Your healthcare provider can help you with more than just prescriptions for medications to help you quit smoking. Talking to your doctor, nurse, pharmacist, psychologist, or counselor can provide you with useful support and advice. In fact, the CDC found that simply getting quitting advice from a physician could improve quitting results by 5 to 10 percent.[44]

Your healthcare provider can also help you to find a counselor, psychologist, or group-quitting program to help you stop smoking.

For more information on this topic, please visit:
The Centers for Disease Control and Prevention's *"Reducing Tobacco Use: Surgeon General's Report,"* Ch 4, "Management for Nicotine Addiction."
(http://www.cdc.gov/tobacco/sgr/sgr_2000/chapter4.pdf)

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[44] Report of the Surgeon General, 2000
http://www.cdc.gov/tobacco/sgr_tobacco_use.htm

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Text for Step 2 Get Support: Counseling

Step 2: Get Support and Encouragement

Counseling
<anchor>Types of Counseling and Effectiveness
<anchor>What to Expect in Counseling
<anchor>Where to Find Counseling

Experts at the National Cancer Institute's Tobacco Control Research Branch and the CDC say the more counseling you have, the better your chances of quitting.[45] According to a study sponsored by the U.S. Department of Public Health and Human Services, counseling -- in telephone, group, or individual form -- can **double** or even **triple** a person's likelihood of permanently quitting.[46]

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As shown by clinical studies reviewed by the CDC, counseling can be more effective when paired with other strategies such as <link to "Find Medication"> medication and the support of <link to "Get Support: Family & Friends"> family and friends.

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Types of Counseling and Effectiveness
The U.S. Public Health Services' Clinical Guideline says that the more intense a person's counseling, the better the chances of successful quitting.[47] Intensity of counseling has to do with how often you see the counselor, how long the sessions last, and how committed you are to working with the counselor.

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Counselors can provide you with different types of skills and support as you progress along your quitting journey.

- Practical counseling gives you problem-solving and skills training. This kind of training serves to help you identify personal smoking triggers and figure out ways to avoid or "ride" the urge to smoke and relapse.[48]

- Social support as part of treatment helps you to find and identify sources of support outside of the therapeutic relationship. That is, the counselor would serve as your personal quitting guide – helping you identify resources and programs and helping you tailor your quitting program to your own personal needs. According

[45] "You Can Quit Smoking," Consumer Guide, June 2000. U.S. Public Health Service. (http://www.surgeongeneral.gov/tobacco/consquits.htm)

[46] Fiore MC, Bailey WC, Cohen SJ, et al. Treating Tobacco Use and Dependence. Clinical Practice Guideline. Rockville, MD: U.S. Department of Public Health and Human Services. Public Health Service. June 2000.

[47] "Treating Tobacco Use and Dependence," Clinical Practice Guideline, Rockville, MD: U.S. Department of Public Health and Human Services, Public Health Service. June 2000.

[48] "Treating Tobacco Use and Dependence," Clinical Practice Guideline, Rockville, MD: U.S. Department of Public Health and Human Services, Public Health Service, June 2000.

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to the Public Health Services' studies, this type of treatment has proved very effective for people trying to quit.[49]

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What to Expect in Counseling

When deciding whether counseling might be right for you, it helps to know the basic structure[50]:

- Counseling programs aimed at quitting smoking generally run from 1 – 10 sessions. In many cases, the curriculum used or the program content will determine the length and number of sessions.

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- Each session generally runs from 45 minutes to an hour. But, some sessions last only 20 minutes while others run 2 hours or longer. Check with your counselor before you begin to agree to the session length.

- Some sessions – such as group counseling sessions -- are ongoing. This means that you can join, stop attending, and join again at any time. Ongoing sessions are often helpful for people seeking a support-group to prevent relapse.

- A typical counseling program often offers individual or group counseling to start, with telephone counseling and follow-up assessment procedures to follow.

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Where to Find Counseling

Many structured programs and counseling are available through hospitals and health centers.

- You can find some of the resources closest to you in the Quitting Resources section. <Link to QR ~page 3>
- You can also call your local health department or hospital to learn about individual, group or telephone counseling available in your area.
- Or, call your state's Quitline to find psychiatrists, psychologists, social workers, and other counselors in your area who have experience helping people quit. (A Quitline is a toll-free hotline staffed by counselors trained specifically on quitting smoking. These counselors can help you find a program in your area that might work best for you.)

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To find information on your state's Quitline, check the resources section of this site or visit The National Cancer Institute's Smoking Cessation Quitlines page http://dccps.nci.nih.gov/TCRB/quitlines.html

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[49] "Treating Tobacco Use and Dependence," Clinical Practice Guideline, Rockville, MD: U.S. Department of Public Health and Human Services, Public Health Service, June 2000.
[50] "Treating Tobacco Use and Dependence," Clinical Practice Guideline, Rockville, MD: U.S. Department of Public Health and Human Services, Public Health Service, June 2000.

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

For more information on this topic, please visit:
Clearing the Air, Step-By-Step Guide to Quitting, 2003
www.smokefree.gov
Public Health Services Clinical Practice Guideline, "Treating Tobacco Use and Dependency" http://www.surgeongeneral.gov/tobacco/treating_tobacco_use.pdf

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Text for Step 2 Get Support & Encouragement: Family Friends & Colleagues

Step 2: Get Support and Encouragement

Family, Friends &Colleagues

The U.S. Department of Public Health and Human Services suggests that you think of your family and friends as members of a team that can aid and encourage you in your efforts to stop smoking. According to a study sponsored by the U.S. Department of Public Health and Human Services, asking your family, friends and co-workers to support your efforts actually improves your chances of quitting.[51]

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The National Cancer Institute recommends that you tell the people you care about just how they can help you.[52]

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- Tell the people you care about that you would really appreciate their support. According to quitting experts, you have a better chance of enlisting your friends' support if you tell them in advance you are going to quit and need their help.[53]

- Ask the people important in your life to understand your change in mood. Withdrawal symptoms rarely persist for more than 2 weeks, so you can remind them that any anxiousness or grumpiness that you have won't last long.[54]

- If being around smoke makes you crave a cigarette, avoid the smoke. Your friends can help. When you go out, ask your friends and family to sit with you in nonsmoking areas as much as possible.[55] Similarly, if people close to you smoke, you might want to ask them not to smoke around you during the first few weeks after you've quit.[56] Or, you might ask them to limit their smoking in those

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[51] Fiore MC, Bailey WC, Cohen SJ, et al. Treating Tobacco Use and Dependence. Clinical Practice Guideline. Rockville, MD: U.S. Department of Public Health and Human Services. Public Health Service. June 2000.

[52] "Clearing the Air: Get Ready to START a Smoke-Free Life," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3_c.html)

[53] Fiore MC, Bailey WC, Cohen SJ, et al. Treating Tobacco Use and Dependence. Clinical Practice Guideline. Rockville, MD: U.S. Department of Public Health and Human Services. Public Health Service. June 2000.

[54] "Clearing the Air: Get Ready to START a Smoke-Free Life," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3_c.html)

[55] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

[56] "Clearing the Air: Get Ready to START a Smoke-Free Life," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3_c.html)

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situations that are the most tempting for you. You could also take a walk while they are smoking.

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Family, Friends & Colleagues as "Quit Buddies"
You can join with your spouse, roommate, or close friend who is also quitting to become "quit buddies."[57] Studies have shown that smokers who partner with a "Quit Buddy" to provide mutual support are generally more successful at staying quit than smokers who try to quit alone.[58]

A "Quit Buddy" basically offers you positive support, encouragement and reinforcement of your efforts.[59] And you do the same for your buddy. By teaming up with a person who has similar goals as you, you can provide each other with support during difficult phases.

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If you can't find a "Quit Buddy," on your own, you can check with your local hospitals or houses of worship – many of which organize quitting programs – and see if they can put you in touch with another smoker who is trying to quit. Or, you can call your state's Quitline for advice and information on quitting resources. To find information on your state's Quitline, a toll-free service staffed by counselors trained to help you quit smoking, check the resources section of this site or visit The National Cancer Institute's Smoking Cessation Quitlines Information Page. <Semaphore hotlink to http://dccps.nci.nih.gov/TCRB/quitlines.html>

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For more information on this topic, please visit:

Clearing the Air, Step-By-Step Guide to Quitting, 2003 (smokefree.gov)

Virginia Commonwealth University's "Quit Page," (http://www.students.vcu.edu/health/QUIT/quit.html)

New York State Smokers Quitline "7 Ways to Help Smokers Kick "Butts." (http://www.bcbsuw.com/about/press/seven_ways.htm)

To read success stories of people who have quit using the buddy system, please visit the Discovery Health Channel's "Quit Smoking Center:" (http://health.discovery.com/centers/quit_smoking/tips/partner.html)

Public Health Services Clinical Practice Guideline, "Treating Tobacco Use and Dependency." http://www.surgeongeneral.gov/tobacco/treating_tobacco_use.pdf

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[57] "Clearing the Air, Step-By-Step Guide to Quitting," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3.html
[58] Virginia Commonwealth University's "Quit Page," http://www.students.vcu.edu/health/QUIT/quit.html
[59] Mayo Clinic, "How to Build a Stop Plan" http://www.mayoclinic.com/invoke.cfm?objected=545BE44C-767b-41F9-A0FDD41751BDFI

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Text for Step 2 Get Support & Encouragement: Alternative Therapies

Step 2: Get Support & Encouragement

Alternative Therapies

Some people use methods that are generally termed "alternative" to ease the quitting process. Therapies and treatments deemed alternative include hypnosis, acupuncture and acupressure. Although there is not a lot of scientific data on the success rates of these therapies in helping people quit, some people have found these methods helpful.[60] Before starting any of these therapies, check with your doctor.

Hypnosis

According to the Public Health Services Clinical Practice Guideline, when hypnosis therapy is used as part of a multi-component approach, it can sometimes be useful in helping to produce aversions to smoking.[61]

To find out about using hypnosis to help with your quitting plan, contact local universities to see whether they offer classes or workshops. You can also call your state's Quitline for advice and additional resources.

Find your state's Quitline <link to "local Resources" ~page 3.1>

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Acupuncture

Acupuncture is another "alternative" approach used by some people to help them top smoking. It is an ancient Eastern medicinal practice and is used for a wide range of ailments. Typical treatment for quitting smoking involves the insertion of needles into the outer ear and other parts of the body. The placement of the needles is intended to help relieve discomfort associated with nicotine withdrawal.[62]

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[60] "Treating Tobacco Use and Dependence," Clinical Practice Guideline, Rockville, MD: U.S. Department of Public Health and Human Services, Public Health Service, June 2000

[61] The Centers for Disease Control and Prevention's *"Reducing Tobacco Use: Surgeon General's Report,"* Ch 4, "Management for Nicotine Addiction." (http://www.cdc.gov/tobacco/sgr/sgr_2000/chapter4.pdf)

[62] The Centers for Disease Control and Prevention's *"Reducing Tobacco Use: Surgeon General's Report,"* Ch 4, "Management for Nicotine Addiction." (http://www.cdc.gov/tobacco/sgr/sgr_2000/chapter4.pdf)

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

Acupressure

A practice similar to acupuncture is acupressure. In an acupressure session, the trained clinician applies pressure to different points of the body to achieve the same effect as with acupuncture. A session usually lasts around 45 minutes, but can vary according to pre-arranged agreements with your acupressure therapist. Techniques include rubbing, kneading and a unique rolling action to recharge energy.

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See which pressure points are used to ease the symptoms of quitting smoking. < hotlink to Stanford School of Medicine's Acupressure "Point-Finder" http://med.stanford.edu/~ktboyd/acupressure/acupoints.html>

For more information about this topic, please visit:

The Centers for Disease Control and Prevention's "Reducing Tobacco Use: A Report of the Surgeon General"
http://www.cdc.gov/tobacco/sgr/sgr_2000/chapter4.pdf

National Institute of Health's "Research on Smoking Behavior," and "Acupuncture:"
(http://www.nida.nih.gov/pdf/monographs/17.pdf)
(http://consensus.nih.gov/cons/107/107_statement.pdf)

Stanford School of Medicine's Acupressure "Point-Finder:"
http://med.stanford.edu/~ktboyd/acupressure/acupoints.html

To find information on your State's Quitline, please visit The National Cancer Institute's Smoking Cessation Quitlines page:
(http://dccps.nci.nih.gov/TCRB/quitlines.html)

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Text for Step 3 Learn New Skills & Behaviors: Landing

Step 3: Learn New Skills & Behaviors

It can be easier to avoid relapses by knowing what to expect and learning new behaviors – such as getting involved with a new activity or finding a new hobby. Developing coping skills -- such as rewarding yourself for not smoking and learning to recognize and avoid smoking "triggers" -- can also help in staving off the physical and psychological withdrawal symptoms typically experienced in the first few weeks of quitting.[63]

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+ Change Your Routine]
+ Create Distractions]
+ Overcome Withdrawal Symptoms]
+ Use Your Hands]
+ Reward Yourself]

Start the first part of Step 3: Change Your Routine <link to ~ page 1.3.1>

[63] Mayo Clinic, "How to Build a Stop Plan" http://www.mayoclinic.com

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Text for Step 3 Learn New Skills & Behaviors: Change Your Routine

Step 3: Learn New Skills & Behaviors

Change Your Routine

Smoking is often linked with certain habits or routines. During the quitting process, it can be helpful to avoid situations in which you know you'll be tempted to smoke.[64] Disassociating smoking from your day-to-day practices makes it easier to resist sudden urges.

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- Take a different route to work that does not remind you of smoking.[65]
- If you normally smoke a cigarette with a morning cup of coffee, switch to tea instead. [66]
- If your breakfast usually ends with a cigarette, try eating in a different location, and leave the table promptly after your meal. Go for a walk instead.[67]
- Start spending your free time in different locations where you can't smoke, such as museums, theaters and department stores.[68]
- If you always smoke while in the car, tune in to an interesting radio program or your favorite music station to distract you, or switch to public transportation for a while.[69]
- If you cannot avoid situations where you are temped to smoke, such as cocktail parties or other social events, make an effort to associate with the nonsmokers there.[70]

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For more information on this topic, visit:
Clearing the Air, Step-By-Step Guide to Quitting, 2003
http://www.smokefree.gov/cta4_c.html

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[64] "Clearing the Air: Get Ready to START a Smoke-Free Life," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3_c.html)
[65] Centers for Disease Control and Prevention, "How to Quit – useful Resources for Quitting Smoking" http://www.cdc.gov/tobacco/how2quit.htm
[66] Centers for Disease Control and Prevention, "How to Quit – useful Resources for Quitting Smoking" http://www.cdc.gov/tobacco/how2quit.htm
[67] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

[68] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html
[69] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html
[70] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

Surgeon General's "You Can Quit Smoking – Tips for the First Week."
http://www.surgeongeneral.gov/tobacco/1stweek.pdf
Surgeon General's "You Can Quit Smoking – Consumer Guide."
http://www.surgeongeneral.gov/tobacco/consquits.htm
Mayo Clinic: Common Questions About Withdrawal Symptoms
http://www.mayoclinic.com/invoke.cfm?id=HQ00452

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 3 Learn New Skills & Behaviors: Distract Yourself From Urges

Step 3: Learn New Skills & Behaviors

Distract Yourself from Urges to Smoke

Keeping busy and forming new habits are important ways to distract yourself from these urges. When you do find yourself tempted to smoke, try to get your mind on something else:[71]

Deleted: By now you are aware of the situations that are likely to tempt you to smoke.

- When you have an intense desire to smoke, try washing your hands or the dishes, or cooking a new recipe.[72]
- Go for a walk[73]
- Find an activity you enjoy that makes smoking impossible, such as swimming, jogging or playing tennis[74]
- Try using oral substitutes such as sugarless gum, hard candy or raw vegetables.[75]
- Identify rationalizations as they come up, such as "I'm under a lot of stress and smoking relaxes me." [76]
- If you feel that you are about to light a cigarette, delay. Tell yourself you must wait at least 10 minutes. The urge to smoke normally passes in 2-3 minutes.[77]
- Try breathing deeply and imagining your lungs filling with fresh, clean air. Light a match and as you exhale, blow it out. Then pretend it is a cigarette and extinguish it in an ashtray. [78]

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[71] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

[72] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

[73] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

[74] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

[75] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

[76] http://www.bluecrossca.com/bus_units/healthyliving/quit_kit.pdf#page=7

[77] Centers for Disease Control and Prevention, Tobacco Educational Materials – "I Quit" - I Quit!

[78] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

For more information on this topic, visit:
Clearing the Air: When You Really Crave a Cigarette
http://www.smokefree.gov/cta4_d.html
National Cancer Institute, "Clearing The Air: How to Quit Smoking…And Quit for Keeps" http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html
Surgeon General's "You Can Quit Smoking – Tips for the First Week."
http://www.surgeongeneral.gov/tobacco/1stweek.pdf
Surgeon General's "You Can Quit Smoking – Consumer Guide."
http://www.surgeongeneral.gov/tobacco/consquits.htm
Mayo Clinic: Common Questions About Withdrawal Symptoms
http://www.mayoclinic.com/invoke.cfm?id=HQ00452

Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 3 Learn New Skills & Behaviors: Overcome Withdrawal Symptoms

Step 3: Learn New Skills & Behaviors

Overcome Withdrawal Symptoms

Some of the common withdrawal symptoms from smoking include changes in sleep patterns and digestive upsets, feeling lightheaded, nervous or irritable, and cravings for tobacco or sweets. It is very rare for a person to experience all of these symptoms when quitting and it should be remembered that the withdrawal process is only temporary.[79] The following are some suggestions from the CDC and NCI:

Deleted: Smokers have very different experiences when they quit.

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If you are experiencing disruptions in your sleep patterns or digestive process, try:

- Drinking plenty of water
- Eating three balanced meals a day
- Drinking a glass of milk
- Avoiding alcohol and caffeine[80]

If you are feeling anxious or stressed out, you can mitigate that feeling by:

- Taking a hot bath
- Exercising
- Reading a book
- Listening to music[81]

If you are feeling irritable or cranky, you can try:

- Breathing deeply[82]
- Counting to ten[83]
- Lighting incense or a candle[84]
- Getting some fresh air[85]

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[79] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

[80] Mayo Clinic, "Coping with Stress when you Stop Smoking" http;//www.mayoclinic.com

[81] Centers for Disease Control and Prevention, "How to Quit – useful Resources for Quitting Smoking" http://www.cdc.gov/tobacco/how2quit.htm

[82] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

[83] Centers for Disease Control and Prevention, "How to Quit – useful Resources for Quitting Smoking" http://www.cdc.gov/tobacco/how2quit.htm

[84] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

- Taking a nap[86]

If you are experiencing hunger cravings:

- Eat low fat snacks like fruit, popcorn and pretzels
- Suck on hard candy or chew sugarless gum
- Slowly sip a glass of water[87]

The leading health authorities advise people not to let possible weight gain serve as a reason not to quit.[88] By increasing daily exercise and maintaining a healthy diet, men and women can reduce the amount of weight they gain or lose the weight they did put on when they quit more rapidly.[89]

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For more information on this topic, visit:
Clearing the Air, "Forever Free: A Guide to Remaining Smoke Free"
http://www.smokefree.gov/pubs/Ffree2.pdf
Clearing the Air, Step-By-Step Guide to Quitting, 2003
http://www.smokefree.gov/cta4_c.html
Surgeon General's "You Can Quit Smoking – Tips for the First Week."
http://www.surgeongeneral.gov/tobacco/1stweek.pdf
Surgeon General's "You Can Quit Smoking – Consumer Guide."
http://www.surgeongeneral.gov/tobacco/consquits.htm
Mayo Clinic: Common Questions About Withdrawal Symptoms
http://www.mayoclinic.com/invoke.cfm?id=HQ00452

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[85] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet
http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html
[86] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet
http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html
[87] University of Michigan, "How to Quit Smoking," http://www.med.umich.edu/1libr/primry/life04.htm -
[88] Fiore MC, Bailey WC, Cohen SJ, et al. Treating Tobacco Use and Dependence. Clinical practice Guideline. Rockville, MD: U.S. Department of Public Health and Human Services. Public Health Service. June 2000.
[89] *Live Chat with Michael Fiore, M.D., MPH* Adapted from *Quitnet* June 2000. U.S. Public Health Service

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 3 Learn New Skills & Behaviors: Use Your Hands

Step 3: Learn New Skills & Behaviors

Use Your Hands

Since smoking is a learned habit, you might initially miss the sensation of having a cigarette in your hand.[90] There are several ways in which to replace the fingers-occupying aspect of smoking, several of which can be done while watching TV or sitting in a coffee shop:

- Playing with a paper clip or a pencil instead of holding a cigarette[91]
- Crossword puzzles
- Drawing or painting[92]
- Gardening[93]
- Jigsaw puzzles[94]

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For more information on this topic, visit:
National Cancer Institute, 'Clearing the Air: How to Quit Smoking…and Quit for Keeps"
http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html
Clearing the Air, Step-By-Step Guide to Quitting, 2003
http://www.smokefree.gov/cta4_c.html
Surgeon General's "You Can Quit Smoking – Tips for the First Week."
http://www.surgeongeneral.gov/tobacco/1stweek.pdf
Surgeon General's "You Can Quit Smoking – Consumer Guide."
http://www.surgeongeneral.gov/tobacco/consquits.htm
Mayo Clinic: Common Questions About Withdrawal Symptoms
http://www.mayoclinic.com/invoke.cfm?id=HQ00452
Clearing the Air, "Forever Free: A Guide to Remaining Smoke Free"
http://www.smokefree.gov/pubs/Ffree2.pdf

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[90] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html
[91] "Clearing the Air: Get Ready to START a Smoke-Free Life," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3_c.html
[92] Centers for Disease Control and Prevention, "How to Quit – useful Resources for Quitting Smoking" http://www.cdc.gov/tobacco/how2quit.htm
[93] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html -
[94] Ibid

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Text for Step 3 Learn New Skills & Behaviors: Reward Yourself

Step 3: Learn New Skills & Behaviors

Reward Yourself

Health authorities recommend that you give yourself credit and reward yourself for your efforts.[95] Plan to do something enjoyable every single day. Set aside the money you would have spent on tobacco and buy yourself a weekly treat. Or save the money toward making one major purchase.

Some ways in which you can reward yourself…

- Set aside some time to read a book or work on a hobby
- Take a long bubble-bath
- Treat yourself to a home manicure and pedicure
- Spend time with friends
- Buy a magazine
- Call a friend long distance
- Eat out with friends
- See a play or a movie
- Throw yourself a party to celebrate major benchmarks – such as your 6 month anniversary as a non-smoker[96]

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With some expense: ¶

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For more information on this topic, please visit:
National Cancer Institute, 'Clearing the Air: How to Quit Smoking…and Quit for Keeps"
http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html
Clearing the Air, Step-By-Step Guide to Quitting, 2003
http://www.smokefree.gov/cta4_c.html
Surgeon General's "You Can Quit Smoking – Tips for the First Week."
http://www.surgeongeneral.gov/tobacco/1stweek.pdf
Surgeon General's "You Can Quit Smoking – Consumer Guide."
http://www.surgeongeneral.gov/tobacco/consquits.htm
Mayo Clinic: Common Questions About Withdrawal Symptoms
http://www.mayoclinic.com/invoke.cfm?id=HQ00452

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[95] Mayo Clinic, "Building Support to Stop Smoking" (http://www.mayoclinic.com) and "You Can Quit Smoking," Consumer Guide, June 2000. U.S. Public Health Service (http://www.surgeongeneral.gov/tobacco/consquits.htm)

[96] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

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Text for Step 4 Find Medication & Use it Correctly: Landing

Step 4: Get Medication & Use It Correctly

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Medication can help you stop smoking and lessen the urge to smoke. It can be more effective when combined with behavioral changes and emotional support.[97]

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The U.S. Food and Drug Administration (FDA) has approved 6 medications -- 5 Nicotine Replacement Therapies (NRT) and one non-NRT -- to help you quit smoking. Using these medications can double your chances of quitting and quitting for good.[98]

<anchor> Ask your healthcare provider for advice before taking any pharmacological aids to help you stop smoking.

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<anchor> Nicotine Replacement Therapies (NRTs)
Five of these approved medications are NRTs.

<anchor> Non-Nicotine Replacement Therapy
Bupropion SR (Zyban®) is a medication for quitting smoking that does not contain nicotine.

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<anchor> Read "Who Should Be Careful" to learn about some of the situations in which these aids would not be appropriate.

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<anchor> Follow your quitting plan to increase your chances of success.

Start the first part of Step 4: Learn About Nicotine Replacement Therapies <link to 1.4.1>

[97] Mayo Clinic, "Using Nicotine Replacement or Non-nicotine Medication" http://www.mayoclinic.com

[98] "Clearing the Air, Step-By-Step Guide to Quitting," The Tobacco Control Research Branch of the National Cancer Institute's Smokefree.gov site, 2003

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 4 Find Medication & Use it Correctly: NRTs

Step 4: Get Medication & Use It Correctly

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Nicotine Replacement Therapies (NRTs)
Nicotine replacement products deliver small, steady doses of nicotine into the body, which can help to reduce the withdrawal symptoms or cravings often felt by people trying to quit smoking.[99]

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Anchor: Nicotine patch
Anchor: Nicotine gum
Anchor: Nicotine nasal spray
Anchor: Nicotine inhaler
Anchor: Nicotine lozenges

Deleted: Medication can help you stop smoking and lessen the urge to smoke. It is usually most effective when combined with behavioral changes and emotional support.[100] Before taking any pharmaceutical aids to help you stop smoking, ask your healthcare provider for advice and carefully read the information on the package. ¶

Deleted: Nicotine Replacement Therapies¶
Nicotine replacement products deliver small, steady doses of nicotine into the body, which can help to reduce the withdrawal symptoms or cravings often felt by people trying to quit smoking.[101] This is important because withdrawal is one of the most challenging aspects of quitting. ¶

NRTs are available in five forms -- patches, gum, nasal spray, inhaler, and lozenges. All five appear to be equally effective, according to the National Cancer Institute. Some research has shown that using a combination of nicotine replacement therapies increases long-term quit rates compared with using a single type. Experts also recommend combining nicotine replacement therapy with advice or counseling from a doctor, dentist, pharmacist or other healthcare provider.[102]

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Nicotine Patch
The **Nicotine Patch** is available over the counter without a prescription and supplies a steady amount of nicotine to the body through the skin. The nicotine patch is sold in various strengths as an 8-week treatment. Nicotine doses are gradually lowered as the treatment progresses. This NRT may not be a good choice for people with skin problems or allergies to adhesive tape.[103]

Deleted: smoking cessation

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Nicotine Gum
Nicotine Gum is available over the counter in 2- and 4-milligram strengths. Chewing nicotine gum releases nicotine into the bloodstream through the lining of the mouth. Nicotine gum might not be appropriate for people with temporomandibular joint disease

[99] National Cancer Institute, Cancer Facts, Questions and Answers about Smoking Cessation, 12/12/2000, http://cis.nci.nih.gov/fact/8_13.htm
[102] National Cancer Institute, Cancer Facts, Questions and Answers about Smoking Cessation, 12/12/2000, http://cis.nci.nih.gov/fact/8_13.htm
[103] National Cancer Institute, Cancer Facts, Questions and Answers about Smoking Cessation, 12/12/2000, http://cis.nci.nih.gov/fact/8_13.htm

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

(TMJ) or for those with dentures or other dental work.[104]
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Nicotine Nasal Spray
Nicotine Nasal Spray was approved by the U.S. Food and Drug Administration in 1996 for use by prescription only. This product is not recommended for people with nasal or sinus conditions, allergies or asthma. It is also not recommended for young tobacco users.[105]
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Nicotine Inhaler
The **Nicotine Inhaler**, approved by the FDA in 1997, is available only by prescription. This device delivers a vaporized form of nicotine to the mouth through a mouthpiece attached to a plastic cartridge. Even though it is called an inhaler, the device does not deliver nicotine to the lungs the way a cigarette does. Most of the nicotine only travels to the mouth and throat, where it is absorbed. Individuals with a bronchial problem such as asthma should be cautious when using this product.[106]
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Nicotine Lozenges
Nicotine Lozenges were approved by the FDA in 2003 and are available over the counter as a 12-week program. When used, the lozenges release nicotine, which is absorbed through the mouth. This product helps reduce nicotine cravings and helps relieve withdrawal symptoms. [107]
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For more information about NRTs and these products, please visit:
U.S. Surgeon General's "Quick Reference Guide for Clinicians - Treating Tobacco Use and Dependence" <http://www.surgeongeneral.gov/tobacco/tobaqrg.htm>
Mayo Clinic's Nicotine Dependence Center "New Medications for Nicotine Dependence Treatment." <http://165.112.78.61/MeetSum/Nicotine/Hurt.html>

NicoDerm CQ
Information from the makers of NicoDerm CQ <http://www.gsk.com/index.htm>
The Nico Derm CQ homepage <http://nicodermcq.quit.com/>

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[104] National Cancer Institute, Cancer Facts, Questions and Answers about Smoking Cessation, 12/12/2000, http://cis.nci.nih.gov/fact/8_13.htm
[105] National Cancer Institute, Cancer Facts, Questions and Answers about Smoking Cessation, 12/12/2000, http://cis.nci.nih.gov/fact/8_13.htm
[106] National Cancer Institute, Cancer Facts, Questions and Answers about Smoking Cessation, 12/12/2000, http://cis.nci.nih.gov/fact/8_13.htm
[107] Commit Lozenge Consumer site, How Does Commit Work? http://commitlozenge.quit.com/ (Note: There is no official product information available on government web sites).

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

Nicotrol
Information from the makers of Nicotrol <http://www.pharmacia.com/>
The Nicotrol Patch homepage <http://www.nicotrol.com/5_patch.asp>

Habitrol
Information from the makers of Habitrol
<http://www.ca.novartis.com/en/consumer.shtml>
The Habitrol Support Program homepage <http://www.habitrol.com/>

Nicorette
Information from the makers of Nicorette <http://www.gsk.com/index.htm>
The Nicorette homepage <http://nicorette.quit.com/>

Nicorette DS
Information from the makers of Nicorette DS <http://www.gsk.com/index.htm>
Profile on Nicorette DS
<http://www.mythos.com/pharmacy/detail.aspx?I=3761&BM=3761&SP=Index_DrugName.aspx&P=1&L=A>

Nicotrol NS
Information from the makers of Nicotrol NS <http://www.pharmacia.com/>
The Nicotrol Nasal Spray homepage <http://www.nicotrol.com/6_spray.asp>

Nicotrol Inhaler
Information from the makers of the Nicotrol Inhaler <http://www.pharmacia.com/>
The Nicotrol Inhaler homepage <http://www.nicotrol.com/4_inhaler.asp>

Commit
Information from the makers of Commit <http://www.gsk.com/index.htm>
The Commit Lozenge <http://commitlozenge.quit.com/>

Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 4 Find Medication & Use it Correctly: Non-Nicotine Replacement Therapies

Step 4: Get Medication & Use It Correctly

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Non-Nicotine Medication

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Bupropion (commercially known as **Zyban®**) is a prescription antidepressant that can help reduce nicotine cravings and withdrawal symptoms without the use of nicotine.[108] This product was approved by the FDA in 1997. With the approval of your healthcare provider, this product can be used at the same time as nicotine replacement therapies.[109]

According to researchers at the Center for Tobacco Research and Intervention at the University of Wisconsin Medical School, the use of bupropion can triple quit rates among women and smokers with a history of depression.[110]

For more information about this Bupropion product, visit:
Information from the makers of Zyban <http://www.gsk.com/index.htm>
The Zyban homepage <http://zyban.ibrcathe.com/?a=84>

Deleted: Remember, medication can help you stop smoking and lessen the urge to smoke, but it is usually most effective when combined with emotional support.[111] ¶
¶
As with any medication, you should talk to your doctor before starting a new therapy.¶

[108] National Cancer Institute, Cancer Facts, Questions and Answers about Smoking Cessation, 12/12/2000, http://cis.nci.nih.gov/fact/8_13.htm
[109] Mayo Clinic, "Using Nicotine Replacement or Non-nicotine Medication" http://www.mayoclinic.com
[110] Center for Tobacco Research and Intervention, University of Wisconsin Medical School, Report: "How Smokers are Quitting." 3/18/2003 and
University of Wisconsin Press Release, "Study Shows Bupropion Triples Quit Rate Among Women, Formerly Depressed Smokers."
[112] Agency for Healthcare Research and Quality, Prescription Medicines and You, October 1999, http://www.voiceoftheinjured.com/a-mp-Government-Medications-Guide.html

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 4 Find Medication & Use it Correctly: Following Your Quitting Plan

Step 4: Get Medication & Use It Correctly

Following Your Quitting Plan

Before using medications as part of your quitting plan, it's important that you ask questions of your health provider and discuss your needs and concerns.

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Here are some points to cover with your doctor, pharmacist, nurse or other healthcare provider[112]:

- What is the name of the medication and what is it supposed to do?
- How and when should I take the medication? How much should I take, and for how long?
- What food, drinks, other medications, or activities should I avoid while taking the medicine?
- What side effects may the medication have, and what should I do if they occur?
- What should I do if I miss a dose?

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You should also make sure to tell your health provider:

- Any concerns you have about using the medication
- Any concerns you have about other parts of your treatment
- If you are not taking your medication as directed. Your doctor needs to know about any changes in your treatment plan – do not let guilty feelings or embarrassment keep you from telling your doctor this important information.

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[112] Agency for Healthcare Research and Quality, Prescription Medicines and You, October 1999, http://www.voiceoftheinjured.com/a-mp-Government-Medications-Guide.html

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 4 Find Medication & Use it Correctly: Who Should Be Careful

Step 4: Get Medication & Use It Correctly

Talk to Your Doctor

As with any drug, everyone considering a pharmacological quitting aid should consult with their doctor first. Certain conditions could interfere its effectiveness or increase the risk of negative side effects. Paricularly if you are pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, you should talk to your doctor before taking medication.

More information on a variety of medications for quitting smoking is available from:

NicoDerm CQ
Information from the makers of NicoDerm CQ <http://www.gsk.com/index.htm>
The Nico Derm CQ homepage <http://nicodermcq.quit.com/>

Nicotrol
Information from the makers of Nicotrol <http://www.pharmacia.com/>
The Nicotrol Patch homepage <http://www.nicotrol.com/5_patch.asp>

Habitrol
Information from the makers of Habitrol
<http://www.ca.novartis.com/en/consumer.shtml>
The Habitrol Support Program homepage <http://www.habitrol.com/>

Nicorette
Information from the makers of Nicorette <http://www.gsk.com/index.htm>
The Nicorette homepage <http://nicorette.quit.com/>

Nicorette DS
Information from the makers of Nicorette DS <http://www.gsk.com/index.htm>
Profile on Nicorette DS
<http://www.mythos.com/pharmacy/detail.aspx?I=3761&BM=3761&SP=Index_DrugName.aspx&P=1&L=A>

Nicotrol NS
Information from the makers of Nicotrol NS <http://www.pharmacia.com/>
The Nicotrol Nasal Spray homepage <http://www.nicotrol.com/6_spray.asp>

Nicotrol Inhaler
Information from the makers of the Nicotrol Inhaler <http://www.pharmacia.com/>
The Nicotrol Inhaler homepage <http://www.nicotrol.com/4_inhaler.asp>

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

Commit
Information from the makers of Commit <http://www.gsk.com/index.htm>
The Commit Lozenge homepage <http://commitlozenge.quit.com/>

Zyban
Information from the makers of Zyban <http://www.gsk.com/index.htm>
The Zyban homepage <http://zyban.ibreathe.com/?a=84>

Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for PRODUCT CHART FCA to Appear Throughout Step 4 Find Medication & Use it Correctly

See a comparison of all pharmacological quitting aids.
View the comparison chart. <Semaphore, hotlink to quick-reference product chart>

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Text for Step 4 Find Medication & Use it Correctly: Product Chart

The following chart is provided for informational purposes only and is not intended to provide medical advice. You should call or see your physician or other health care provider prior to using any of the medications described below, or elsewhere on this site, and to discuss any questions you may have about whether such mediations are an appropriate part of your quitting plan.

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Quick-Reference Chart to Pharmacological Quitting Aids[113]

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Type (Brand Name)	Prescription Needed?	How Used	Dosage[114]	Precautions/ Common Side Effects	Who Should be Cautious
Nicotine Patch (Nicoderm CQ) (Nicotrol) (Habitrol) (ProStep)	No No Yes Yes	Apply directly to skin once a day. Releases doses of nicotine through skin.	7-21 mg/day 5-15 mg/day 7-21mg/day 11-22 mg/day	Mild itching, burning or tingling at site of patch,[115] dizziness, headache, upset stomach, vomiting, diarrhea also possible.	People with skin problems or allergies to adhesive tape.[116]
Nicotine Gum (Nicorette) (Nicorette DS)	No No	Chewed slowly, then "parked" between cheek and gum. Nicotine absorbed through mouth lining.	18-24 mg/day 36-48 mg/day	Mouth ulcers, jaw muscle aches, dizziness, headache, upset stomach.	People with Temporomandibular joint disease (TMJ), dentures or other vulnerable dental work.[117]
Nicotine Spray (Nicotrol NS)	No	Inhaled through nose. Nicotine passes into bloodstream.	40 mg/day (max)	Nasal and sinus irritation, joint pain, swelling of gums, mouth or tongue. Shortness of breath.	People with nasal or sinus conditions, allergies or asthma.[118]
Nicotine Inhaler (Nicotrol Inhaler)	Yes	Nicotine is inhaled through the mouth and absorbed in the mouth and throat.	Individualized	May cause fever, headache, nausea, runny nose, cough or throat irritation.	People with bronchospastic disease such as asthma.
Nicotine Lozenges (Commit)	No	Lozenge placed in mouth, nicotine absorbed through lining.	Nine lozenges per day	N/A	People taking prescription medicine for asthma or depression.[119]
Bupropion Hydrochloride	Yes	Taken orally,	150 mg/day for	Agitation, anxiety,	People with a

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[113] Chart information from MEDLINEplus "Drug Information" (service of NIH), unless otherwise noted http://www.nlm.nih.gov/medlineplus/druginfo/drug_Ni.html
[114] Dosage information cited from www.cancer.gov, National Cancer Institute, Prevention and Cessation of Cigarette Smoking: Control of Tobacco Use, 12/16/2002 (http://www.cancer.gov/cancerinfo/pdq/prevention/control-of-tobacco-use/HealthProfessional)
[115] U.S.Food and Drug Administration, "Which Nicotine Replacement Product Appeals to You?," 1997 (http://www.fda.gov/fdac/features/1997/797_smoke.html#replacement)
[116] U.S.Food and Drug Administration, "Which Nicotine Replacement Product Appeals to You?," 1997 (http://www.fda.gov/fdac/features/1997/797_smoke.html#replacement)
[117] U.S.Food and Drug Administration, "Which Nicotine Replacement Product Appeals to You?," 1997 (http://www.fda.gov/fdac/features/1997/797_smoke.html#replacement)
[118] U.S.Food and Drug Administration, "Which Nicotine Replacement Product Appeals to You?," 1997 (http://www.fda.gov/fdac/features/1997/797_smoke.html#replacement)
[119] PLACEHOLDER

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(Zyban®)		extended release tablets	3 days, then increase to 300 mg/day	buzzing or ringing in ears, headache, skin rash, hives or itching	seizure condition or an eating disorder, or people taking other medicine with bupropion hydrochloride.[120]

Deleted: As with any drug, everyone considering a pharmaceutical cessation aid should consult their healthcare provider first. Certain conditions could interfere with the effectiveness of the aid or increase the risk of negative side effects of one or more of the drugs listed above. If you are pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other healthcare provider before taking medication.¶

For more information about these products, visit:

NicoDerm CQ
Information from the makers of NicoDerm CQ <http://www.gsk.com/index.htm>
The Nico Derm CQ homepage <http://nicodermcq.quit.com/>

Nicotrol
Information from the makers of Nicotrol <http://www.pharmacia.com/>
The Nicotrol Patch homepage <http://www.nicotrol.com/5_patch.asp>

Habitrol
Information from the makers of Habitrol
<http://www.ca.novartis.com/en/consumer.shtml>
The Habitrol Support Program homepage <http://www.habitrol.com/>

Nicorette
Information from the makers of Nicorette <http://www.gsk.com/index.htm>
The Nicorette homepage <http://nicorette.quit.com/>

Nicorette DS
Information from the makers of Nicorette DS <http://www.gsk.com/index.htm>
Profile on Nicorette DS
<http://www.mythos.com/pharmacy/detail.aspx?I=3761&BM=3761&SP=Index_DrugNamc.aspx&P=1&L=A>

Nicotrol NS
Information from the makers of Nicotrol NS <http://www.pharmacia.com/>
The Nicotrol Nasal Spray homepage <http://www.nicotrol.com/6_spray.asp>

Nicotrol Inhaler
Information from the makers of the Nicotrol Inhaler <http://www.pharmacia.com/>
The Nicotrol Inhaler homepage <http://www.nicotrol.com/4_inhaler.asp>

Commit
Information from the makers of Commit <http://www.gsk.com/index.htm>
The Commit Lozenge homepage <http://commitlozenge.quit.com/>

Zyban
Information from the makers of Zyban <http://www.gsk.com/index.htm>

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[120] National Cancer Institute, Cancer Facts, Questions and Answers about Smoking Cessation, 12/12/2000, http://cis.nci.nih.gov/fact/8_13.htm

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

The Zyban homepage <http://zyban.ibreathe.com/?a=84>

Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 4 Find Medication & Use it Correctly: SIDEBAR For NRT Page

Important Information If You're Considering Nicotine Replacement Therapy:

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- Ask your doctor if NRT is right for you – NRT can cause side effects in some people.
- Don't mix tobacco and NRT. Use NRT only when you are quitting smoking.
- Start out using enough NRT. Use the full amount in the NRT instructions.
- Slowly use less and less NRT, but don't stop completely until you're ready.
- Keep some of the NRT with you after you stop using it, just in case you have an emergency craving.
- Wait a half hour after using a nicotine gum, lozenge or inhaler before eating or drinking anything acidic.
- READ THE DIRECTIONS. Talk to your doctor or pharmacist if you have any questions.

Source: Smokefree.gov

Text for Step 4 Find Medication & Use it Correctly: SIDEBAR For Non-Nicotine Medication Page

Important Information If You're Considering Non-Nicotine Medication (Bupropion):

- The most common side effects of Bupropion include dry mouth and difficulty sleeping. There are other risks associated with the use of Bupropion, so it is important to talk to your healthcare professional to see whether it is right for you. There is risk of seizure associated with Bupropion, which is increased in certain patients.
- You should not take Bupropion if you have or have had a seizure disorder; have or have had an eating disorder; are abruptly discontinuing use of alcohol or sedatives; or are currently taking or have recently taken a monoamine oxidase inhibitor.
- It is important to let your healthcare professional know about any other prescription or over-the-counter medications you are taking. Bupropion is not recommended for women who are pregnant or breastfeeding.
- When used with a nicotine patch or alone, there is a risk of increased blood pressure, sometimes severe. To reduce the risk of serious side effects, tell your doctor if you have liver or kidney problems.
- Your healthcare professional is the only one who can prescribe Bupropion and provide you with information about treatment that is right for you.

Source: http://www.zyban.com

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 5 Be Prepared for Relapses or Difficult Situations: Landing

Step 5: Be Prepared for Relapses or Difficult Situations

In the first few months after quitting, chances are you'll face some difficult situations and, possibly, even a relapse or two. Experts say it's best to be prepared for these bumps in the road.

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+ Relapses
+ Difficult Situations

Start Step 5: Be Prepared for Relapses <link to ~ page 1.5.1>

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Text for Step 5 Be Prepared for Relapse or Difficult Situations: Relapses

Step 5: Be Prepared for Relapses or Difficult Situations

Relapses

A relapse means that you've "slipped" and smoked a cigarette after your quit date. Most relapses happen within the first three weeks or months after quitting[121] and most smokers 'slip' three to five times before they quit for good.[122] So don't be discouraged if you have a relapse -- according to the experts you're in good company.[123] The experts also say to hang in there because people who can stop smoking for three months are often able to remain cigarette-free for the rest of their lives.[124]

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Here are some tips from the National Institutes of Health to help you get back on track after a relapse or slip:[125]

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Tips[126]

- <text treatment **Don't beat yourself up.**> You have not failed. Just because you smoked a cigarette or two doesn't mean you can't quit smoking.
- <text treatment **Keep thinking of yourself as a nonsmoker.**> You've decided to quit, so you are a nonsmoker. Thinking of yourself as a nonsmoker will help to keep yourself motivated.
- <text treatment **Learn from Experience.**> Try to figure out what led to lighting up. You can find out how to identify your triggers by using this worksheet.
- <text treatment **Take Charge.**> Make a list of things you'll do the next time you are tempted to slip. Some people find it helpful to keep sugarless gum or candy in their pocket for urges. Other people will keep a running tally of how much money they are saving by not smoking. When you figure out what your motivation is – your main reasons for deciding to quit – you can remind yourself to keep you on route to your goal.

Back to Top

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[121] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit, http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm
[122] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm
[123] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit, http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm
[124] NCI: Cancer Facts, Questions and Answers about Smoking Cessation, 12/12/2000 (http://cis.nci.nih.gov/fact/8_13.htm
[125] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit, http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm
[126] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit, http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

For more information on this topic, visit:
NCI: Clearing the Air: How to Quit Smoking and Quit for Keeps: Relapse: If You Do Smoke Again
http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/habit.html#relapse
NCI: Cancer Facts, Questions and Answers about Smoking Cessation, 12/12/2000 Fact #10
http://cis.nci.nih.gov/fact/8_13.htm
NCI: How to Quit Smoking and Quit For Keeps: Relapse
http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/habit.html#relapse
NCI: How to Quit Smoking and Quit For Keeps: Keep Your Guard Up
http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/forkeeps.html#guard
NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit
http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.pdf
SmokeFree: Forever Free: A Guide To Remaining Smoke Free: Smoking Urges
http://www.smokefree.gov/pubs/FFree2.pdf

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 5: Be Prepared for Relapses or Difficult Situations: Difficult Situations

Step 5: Be Prepared for Relapses or Difficult Situations

Difficult Situations
Withdrawal Symptoms
Smoking Triggers
Bad Moods or 'The Blues'
Weight Gain
Urges & Cravings

Remember, if you are having problems with any of these situations, talk with your doctor or other healthcare provider.

Withdrawal Symptoms

When you quit smoking – especially within the first few weeks -- you are likely to experience some withdrawal symptoms. If you smoked heavily for many years, you might experience the withdrawal symptoms more intensely.

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Some of the most common withdrawal symptoms are[127]:

- Irritability
- Light-headedness
- Headaches
- Trouble concentrating
- Trouble sleeping
- Constipation

These withdrawal symptoms are annoying, but remember most go away within 5 weeks.[128] You might also want to keep in mind that these symptoms are signs that your body is getting over your habit and is in the process of "quitting."[129] So while they aren't comfortable, they are positive.

<So, what can you do so you are prepared (text treatment)> to deal with these withdrawal symptoms? Knowing that these feelings will pass might help you get through them.[130]

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[127] Mayo Clinic, "Common Questions About Withdrawal Symptoms" http://www.mayoclinic.com
[128] Mayo Clinic, "Common Questions About Withdrawal Symptoms" http://www.mayoclinic.com
[129] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit, http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm
[130] JAMA Patient Page: Tobacco – Kicking the Habit, *JAMA*: July 24/31, 2002, http://www.ama-assn.org/public/journals/patient/archive/jpg072402.htm

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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You can also help yourself feel a bit better by getting extra sleep, drinking 6-8 glasses of water a day and trying to exercise regularly.[131]

Use the NCI's quick reference guide to learn about how long the most common withdrawal symptoms last and how to lessen the symptoms. (Clicking here will open a new browser window with the NCI site on your screen.) <Semaphore, make underline a hotlink to http://cancercontrol.cancer.gov/tcrb/Clearing_the_Air/symptoms.html>
<Stuart & Liz, please note the linked website is pasted on following page.>

The CDC has some pointers to help you through the period right after quitting, when it says bad nerves and irritability can strike.

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CDC's Tips for the First Two Weeks[132]

- If you feel anxious, avoid drinks that contain caffeine, such as soda, coffee or tea. Caffeine will add to any nervousness and anxiety you are experiencing. Luckily, according to the experts, most people feel much less nervous just a few weeks after quitting.[133]
- If you feel dizzy or have headaches, take deep breaths until the feeling passes. You can also do light exercise to get your circulation going.
- If your mouth feels dry or your throat is sore, you might want to drink cold water or juice and chew on sugarless gum.
- If you feel run down and extra tired, be sure to get plenty of sleep at night. And you can even treat yourself to a nap during the day.

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Deleted: <#>If you feel run down and extra tired, be sure to get plenty of sleep at night. And you can even treat yourself to a nap during the day. You are working hard to quit, you deserve to treat yourself right. ¶

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Read the CDC's complete tips on how to handle the first few days. <Hotlink to http://www.cdc.gov/tobacco/educational_materials/iquit.pdf>
Back to Top

Smoking Triggers

Most every smoker – and ex-smoker -- has at least one "trigger": the situation, person, environment, or feeling that tempts him or her to smoke. Common triggers can include:

- Alcohol. Experts say to avoid drinking alcohol. It can lower your chances of successfully quitting.
- Other Smokers. Being around people who are smoking can make you want to smoke yourself.[135]

Deleted: In order to be prepared to meet these triggers head on and act against them, you should think about your own personal triggers – the things that are likely to tempt you to smoke after you've quit. And remember to keep using the skills you learned about in Step 3 that can help you cope.[134] ¶
¶

[131] JAMA Patient Page: Tobacco – Kicking the Habit, *JAMA*: July 24/31, 2002, http://www.ama-assn.org/public/journals/patient/archive/jpg072402.htm
[132] CDC: Tobacco Information and Prevention Source, You Can Quit Smoking Consumer Guide: Quit Tips (http://www.cdc.gov/tobacco/educational_materials/iquit.pdf)
[133] Mayo Clinic "Coping with Stress when you Stop Smoking." http://www.mayoclinic.com
[135] "You Can Quit Smoking," Consumer Guide, June 2000. U.S. Public Health Service (http://www.surgeongeneral.gov/tobacco/consquits.htm)

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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In order to get through your triggers and avoid giving into them, you first have to figure out what they are.[136] Figure out what your personal triggers are by using this worksheet. <This opens trigger worksheet.>

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Bad Moods or 'The Blues'

During the first several weeks after quitting, you may not feel as happy or energetic as you usually are. This is normal. You are making a major change in your life – a change that is not easy. The experts say you shouldn't be too hard on yourself while you're making this change. To give yourself a better chance of avoiding the blues when you quit[137]:

- Get plenty of rest
- Drink lots of fluids
- Eat three balanced and healthful meals each day

There are lots of ways to improve your mood other than going back to smoking. Try:

- Listening to upbeat music
- Watching a funny music or TV show
- Read an amusing book
- Spend time with friends
- The things that you know make you feel better

Back to Top

Weight gain

Most smokers gain a little weight when they quit – usually less than 10 pounds. But quitting smoking itself does not automatically cause weight gain. According to NCI research, when people gain weight it's often because they start eating more once they quit.[138]

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If you've gained some weight, don't give up on your quitting goal. Instead, follow the experts' tips:

- Get back to eating a healthy diet
- If you feel like munching on something, eat an apple or crunchy vegetable instead of high-calorie chips

[136] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit, http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm

[137] NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit, http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.htm

[138] "Clearing the Air: How to Quit Smoking… and Quit for Keeps," The Tobacco Control Research Branch of the National Cancer Institute's smoking cessation booklet http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/after.html

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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- Get active! Increase physical activity such as going for walks, exercising at the gym, or going for a bicycle ride
- Talk to your healthcare provider about ways that you can decrease or avoid weight gain.

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Urges & Cravings

It's normal for you to get urges to smoke after you quit[139]. According to the quitting experts, the urge to smoke will only last 3-5 minutes. So their best advice is to wait out or "ride the urge" without giving into it. You can also follow these tips from the National Cancer Institute for waiting out or fighting the urge.[140]

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Try <doing (text treatment)> these things to help you through your cravings:

- Call a friend who will listen and encourage you to stay on track
- Exercise
- Take deep breaths. Count as you inhale and exhale.
- Drink a glass of water.
- Eat or chew on something sweet (sugarless gum or candy) or crunchy (vegetables).
- Do a relaxation exercise. (You can buy a relaxation tape at most bookstores.)
- Keep your hands busy buy playing cards, sewing, or writing a letter.
- Take a hot bath or a long shower
- Do something that gives you pleasure and that you enjoy: read a book, listen to music, go window-shopping, go fishing, watch the "big game" on TV.

Try <thinking (text treatment)> about these things to help you through your cravings:

- Remind yourself of the reasons you decided to quit.
- Remind yourself that it's easier to stay quit than to have to start over again.
- Try to figure out what is making you want to smoke at this moment.
- "Surf the urge." Imagine the urge is a wave that swells, then breaks. Imagine you are a surfer riding the urge wave, rather than being "wiped out" by it.
- Tell yourself that smoking is not an option anymore.

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For more information on this topic, please visit:
The JAMA Patient Page: Tobacco – Kicking the Habit, *JAMA*: July 24/31, 2002
(http://www.ama-assn.org/public/journals/patient/archive/jpg072402.htm)
NHLBI: Facts About Heart Disease and Women: Kicking the Smoking Habit
(http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.pdf)

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[139] "Clearing the Air, Step-By-Step Guide to Quitting," The Tobacco Control Research Brand of the National Cancer Institute's Smokefree.gov site, 2003 (http://www.smokefree.gov/cta3.html)
[140] National Cancer Institutes Smoking Cessation Guide "Forever Free: A Guide to Remaining Smoke Free: Smoking Urges" (www.smokefree.gov/pubs/FFree2.pdf) (supported by grants by ACS and NCI)

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

CDC: Tobacco Information and Prevention Source, You Can Quit Smoking Consumer Guide: Quit Tips (http://www.cdc.gov/tobacco/educational_materials/iquit.pdf)
NCI: Tobacco Control Research: Clearing the Air: How to Quit Smoking and Quit for Keeps (www.smokefree.gov/cta4_d.html)
NCI: How to Quit Smoking and Quit For Keeps: How to Dampen that Urge http://dccps.nci.nih.gov/tcrb/Clearing_the_Air/dampen.html
Forever Free: A Guide to Remaining Smoke Free: Smoking Urges (www.smokefree.gov/pubs/FFree2.pdf

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

This is what the Website looks like for the "Withdrawal Symptoms and Activities That Might Help"

Withdrawal Symptoms and Activities That Might Help*

SYMPTOM	ACTIVITY
Dry mouth; sore throat, gums, or tongue	Sip ice-cold water or fruit juice, or chew gum.
Headaches	Take a warm bath or shower. Try relaxation or meditation techniques.
Trouble sleeping	Don't drink coffee, tea or soda with caffeine after 6:00 p.m. Again, try relaxation or meditation techniques.
Irregularity	Add roughage to your diet, such as raw fruit, vegetables, and whole grain cereals. Drink 6-8 glasses of water a day.
Fatigue	Take a nap. Try not to push yourself during this time; don't expect too much of your body until it's had a chance to begin to heal itself over a couple of weeks.
Hunger	Drink water or low-calorie liquids. Eat low-fat, low-calorie snacks. See Snack Calorie Chart.
Tenseness, irritability	Take a walk, soak in a hot bath, try relaxation or meditation techniques.
Coughing	Sip warm herbal tea. Suck on cough drops or sugarless hard candy.

* Adapted from Quitting Times: A Magazine for Women Who Smoke, funded by the Pennsylvania Department of Health; prepared by Fox Chase Cancer Center, Philadelphia.

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

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Text for Step 5 Be Prepared for Relapses or Difficult Situations, Difficult Situations: Trigger Worksheet

Step 5: Be Prepared for Relapses or Difficult Situations

Smoking Triggers Worksheet[141]

Most smokers and ex-smokers have specific situations and feelings that **trigger** their desire to smoke. For example, some automatically want to smoke while talking on the telephone. Others like to light up after a meal. Some have the urge to smoke when they feel stressed.

To make quitting easier, the experts at the National Institutes of Health recommend that you figure out what your triggers are and then come up with alternate behaviors or other things you can do when the urge hits you.

Figure out what your personal triggers are by using this worksheet from the National Heart, Lung, and Blood Institute's report, entitled "Heart Disease and Women: Kicking the Smoking Habit." Print out this page and use it to record when you feel the urge to smoke and what you might do instead. What can you substitute for smoking a cigarette?

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Trigger Situation/ Feeling	Alternate Behavior

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Deleted: Stuck in traffic. Frustrated. Chew on a piece of sugar-free gum or hum along to the radio.

[141] "Heart Disease and Women: Kicking the Smoking Habit," U.S. Department of Health and Human Services, NIH, NHLBI, NIH Publication No. 94-3657, Reprinted August 1995 (http://www.nhlbi.nih.gov/health/public/heart/other/hdw_smk.pdf)

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

Text for Benefits of Quitting Landing Page

One of the best ways to keep yourself motivated during the quitting process is to focus on the rewards you'll enjoy as a non-smoker. In this section we've cataloged the benefits of quitting into an easy reference guide to help keep you motivated.

You can learn about:

+ Immediate & long-term health benefits
+ Improved overall appearance
+ Financial savings

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Source: https://www.industrydocuments.ucsf.edu/docs/ytxk0001

Text for Benefits of Quitting: Immediate & Long-Term Benefits

No matter what age you are, once you quit smoking you'll benefit from immediate and long-term improvements to your overall well-being.[142] Many of these improvements won't be visible to the naked eye.

Immediate Benefits

After smoking your last cigarette, several changes are triggered in your body. Some of these changes are virtually instantaneous. You'll probably notice remarkable differences in the way you are feeling within just days of quitting. Also, you will be free of the smell, expense and dependence linked with smoking.

According to the National Cancer Institute and state departments of health, you can expect the following changes to take place after you quit:[143]

- **After 20 minutes** of not smoking, your circulation begins to improve and your pulse rate and blood pressure start to return to normal levels[144]
- **After 8 hours** of not smoking, oxygen levels in your bloodstream rise to a normal concentration and the carbon monoxide level in your blood begins to decrease[145]
- **After 24 hours** of not smoking, your chances of suffering a heart attack have decreased[146]
- **After 48 hours** of not smoking, your sense of taste and smell return and breathing starts to become easier[147]
- **After 1-9 months** of not smoking, your coughing, sinus congestion and shortness of breath have all radically decreased [148]

[142] National Cancer Institute, Cancer Facts: Questions and Answers About Smoking Cessation, 12/12/00, http://cis.nci.nih.gov/fact/8_13.htm
[143] National Cancer Institute, Cancer Facts: Questions and Answers About Smoking Cessation, 12/12/00, http://cis.nci.nih.gov/fact/8_13.htm
[144] Rhode Island Department of Health, Tobacco Control Program, 03/19/2003, http://www.healthri.org/disease/tobacco/tobaccobenefits.htm
[145] National Cancer Institute, Cancer Facts: Questions and Answers About Smoking Cessation, 12/12/00, http://cis.nci.nih.gov/fact/8_13.htm
[146] Rhode Island Department of Health, Tobacco Control Program, 03/19/2003, http://www.healthri.org/disease/tobacco/tobaccobenefits.htm
[147] National Cancer Institute, Cancer Facts: Questions and Answers About Smoking Cessation, 12/12/00, http://cis.nci.nih.gov/fact/8_13.htm
[148] Rhode Island Department of Health, Tobacco Control Program, 03/19/2003, http://www.healthri.org/disease/tobacco/tobaccobenefits.htm

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Long-term Benefits

Several of the longer-term effects of quitting occur over a 15-year span. These effects bring about significant health rewards, such as a decreased risk of chronic disease and a statistically-increased life-span. According to the National Cancer Institute, you can expect the following changes to take place[149]:

- **After 1 year** of not smoking, your risk of having a **coronary disease** is cut in half[150]
- **After 5-15 years** of not smoking, your risk of having a **stroke** nears that of a lifelong non-smoker[151]
- **After 10 years** of not smoking, your risk of dying from **lung cancer** is 30-50% less than that of those who continue to smoke[152]
- **After 10-15 years** of not smoking, your risk of **premature death** approaches that of a lifelong non-smoker[153]
- **After 15 years** of not smoking, your risk of **heart disease** gets close to that of a lifelong non-smoker[154]

For more information on this topic, visit:
+ The Cigarette, Smoking and Disease section of pmusa.com <link to http://www.pmusa.com/health_issues/cigarette_smoking_and_disease.asp>
+ The National Cancer Institute's "Cancer Facts" page <link to http://cis.nci.nih.gov/fact/8_13.htm>
+ The Rhode Island Department of Health's Tobacco Control Program <link to http://www.healthri.org/disease/tobacco/tobaccobenefits.htm>
+ The World Health Organization's Tobacco Free Initiative "Smoker's Body" page <link to http://www5.who.int/tobacco/page.cfm?sid=64>

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[149] National Cancer Institute, Cancer Facts: Questions and Answers About Smoking Cessation, 12/12/00, http://cis.nci.nih.gov/fact/8_13.htm
[150] Rhode Island Department of Health, Tobacco Control Program, 03/19/2003, http://www.healthri.org/disease/tobacco/tobaccobenefits.htm
[151] Rhode Island Department of Health, Tobacco Control Program, 03/19/2003, http://www.healthri.org/disease/tobacco/tobaccobenefits.htm

[152] National Cancer Institute, Cancer Facts: Questions and Answers About Smoking Cessation, 12/12/00, http://cis.nci.nih.gov/fact/8_13.htm
[153] National Cancer Institute, Cancer Facts: Questions and Answers About Smoking Cessation, 12/12/00, http://cis.nci.nih.gov/fact/8_13.htm
[154] Rhode Island Department of Health, Tobacco Control Program, 03/19/2003, http://www.healthri.org/disease/tobacco/tobaccobenefits.htm

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+ The National Women's Health Information Center (Office on Women's Health, U.S. Department of Health and Human Services) "Daily Reasons to Breathe Clean" page <link to: http://www.4women.gov/QuitSmoking/reasons_list.cfm>

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Text for Benefits of Quitting: Improved Overall Appearance

According to the World Health Organization,[155] quitting repairs the damage tobacco has done to your appearance, including premature wrinkling of the skin, bad breath, stained teeth, and bad smelling clothes and hair.

Skin

Smoking prematurely ages skin. When you quit smoking you will increase the amount of vitamin A and blood flow to your skin.[156] By quitting, you can slow down the clock and improve the look of your skin.

Teeth and Breath

When you quit smoking, you remove one cause of plaque buildup and tooth decay. By removing plaque buildup, you eliminate one cause of gingivitis -- swollen, soft gums that bleed easily – which, in turn, contributes to tooth loss.[157] By quitting smoking you can increase your chances of having and keeping healthy teeth and gums and reduce yellow-stained teeth and bad breath.[158]

For more information about this topic, visit:
+ The Cigarette, Smoking and Disease section of pmusa.com <Semaphore link is: http://www.pmusa.com/health_issues/cigarette_smoking_and_disease.asp>
+ The World Health Organization's Tobacco Free Initiative "Smoker's Body" page <Sempahore link is: http://www5.who.int/tobacco/page.cfm?sid=64>
+ The Center for Disease Control's Tobacco Information Prevention Source, "You(th) & Tobacco" <link is: http://www.cdc.gov/tobacco/educational_materials/yuthfax1.htm>

[155] World Health Organization, Tobacco Free Initiative, The Smoker's Body, : http://www5.who.int/tobacco/page.cfm?sid=64
[156] World Health Organization, Tobacco Free Initiative, The Smoker's Body, : http://www5.who.int/tobacco/page.cfm?sid=64
[157] World Health Organization, Tobacco Free Initiative, The Smoker's Body, : http://www5.who.int/tobacco/page.cfm?sid=64
[158] CDC: What You Should Know About Tobacco, You(th) and Tobacco, http://www.cdc.gov/tobacco/educational_materials/yuthfax1.htm

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Text for Benefits of Quitting: Save Money

There are many benefits to quitting smoking. As you've seen in this section, it will improve your immediate and long-term health and your overall appearance. It will also put some money in your pocket. The money you don't spend on cigarettes will be money you can spend on groceries, books, games, clothing, appliances, tools or whatever you wish. Or, you can use the money to start saving for a vacation.

How Much Will I Save?

If you live in the U.S. and smoke one pack of cigarettes per day, you can save, on average, over $1,200.00 each year by quitting.[159] Depending on how much cigarettes cost where you live, you could save even more.

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Additional Savings From Quitting

Not all the savings can be measured in terms of "price per pack." You also benefit financially by reducing other costs associated with smoking. Because quitting smoking reduces your risk of developing serious diseases, and improving your overall health, you may save on medical costs. Also, some people who quit smoking find they spend less time and money on some routine maintenance items, like cleaning walls and windows, and dry cleaning their clothing.[160]

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Want to find out just how much money you could save each week, month, year, and decade by quitting? Calculate your savings based on how many packs you smoke and how much you pay per pack.

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[159] "Daily Reasons to Breathe Clean," 4woman.gov, The National Women's Health Information Center, A project of the U.S. Department of Health and Human Services, Office on Women's Health. (www.4woman.gov/QuitSmoking/reasons_list.cfm)

[160] U.S. Department of Health and Human Services Office on Women's Health: The National Women's Health Information Center's Daily Reasons to Breathe Clean http://www.4women.gov/QuitSmoking/reasons_list.cfm

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Text for Benefits of Quitting: SIDEBAR

The National Heart, Blood, and Lung Institute lists these
Top 10 Benefits of Quitting[161]:

1. Reduced chances of having a heart attack or stroke
2. Reduced chances of getting lung cancer, emphysema, and other lung diseases
3. Better smelling clothes, hair, breath, home and car
4. Able to climb stairs and walk without getting out of breath
5. Fewer wrinkles
6. No more morning cough
7. Reduced coughs, colds, and earaches for your children
8. More energy to do enjoyable physical activities
9. Savings from not buying cigarettes leave you with more money to spend on books, music, and other treats
10. More control over your life

[161] National Heart, Blood & Lung Institute: Your Guide to Lowering High Blood Pressure: Top 10 Reasons to Quit Smoking http://www.nhlbi.nih.gov/hbp/prevent/q_smoke/top_ten.htm

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Text for Quitting Resources Page

Quitting Resources

Here are some national organizations and government authorities that can help you to quit smoking.

American Cancer Society
1-800-ACS-2345
http://www.cancer.org

American Heart Association
1-800-AHA-USA1
http://www.amhrt.org

American Lung Association
1-800-LUNG-USA
http://www.lungusa.org

Centers for Disease Control and Prevention
Database of states with tobacco quitting programs
http://www2.cdc.gov/nccdphp/doh/synopses/ProgramDataV.asp?ProgramID=13

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Centers for Disease Control and Prevention
Office on Smoking and Health
1-800-CDC-1311
http://www.cdc.gov/tobacco

National Cancer Institute
1-800-4CANCER
http://www.nci.nih.gov

National Cancer Institute's Index of State Quitlines
http://dccps.nci.nih.gov/TCRB/quitlines.html

Nicotine Anonymous
1-415-750-0328
http://www.nicotine-anonymous.org/
e-mail: info@nicotine-anonymous.org

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QuitNet
http://www.quitnet.com/

Surgeon General of the United States
Virtual Office
http://www.surgeongeneral.gov

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Find your state and local government Web page and your state's Department of Health
http://www.statelocalgov.net/index.cfm
(Once on your State Department of Health's Website, you can search for quitting programs within your state.)

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Text for Local Resources Page

Local Resources

You can find the quitting program nearest to you by using this searchable database adult quitting programs in every state across the nation. We have gathered this list from:

- Organizations such as Nicotine Anonymous, Quitnet, the American Cancer Society, the American Heart Association and the American Lung Association
- Local hospitals that offer programs for quitting smoking
- State Departments of Health and State Quitlines (as listed by the National Cancer Institute)
- Federal Health Authorities, such as the National Institutes of Health and the Centers for Disease Control and Prevention

Just type in your ZIP code and you'll get a list of resources closest to you.

If you want further information, the trained counselors at your state's Quitline can help you find additional help.

If you would like to see all the quitting smoking resources in your state, please click here.

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Before you begin, here are some tips for using this site:

□Links to the Process and each of its 5 steps are located in the navigation bar that runs across the top of every page of the site.

□A link to the Rewards & Benefits of Quitting section is on the top left of every page, directly below the Process.

□A link to Find Resources Near Me, which you can use to find the smoking cessation organizations and programs closest to your home, is located on the left side of every page.

□A link to My Quitting File, where you can save links to information that interest you, appears at the top right of every page. Throughout the site you'll see an icon + next to those pages and links that can be saved to your Quitting File. Just click the icon and a link to that information will be saved to your Quitting File.

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We've designed this site to summarize and provide access to information and resources that can help you quit smoking. We encourage you to take advantage of the links in the site to learn more about specific topics that interest you.

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